

different types of
herbal
TEA INFUSIONS



**HOT WATER
INFUSION**
(traditional style)

Steep loose herbs passively in very hot, almost-boiling water for about 15-20 minutes



COLD INFUSION

Leave cut and sifted or powdered herbs in cold water, and steep in a sealed mason jar in the fridge for at least 4 hours, or overnight



SUN TEA

Leave a mason jar of herbs and room temp water out in the sun or on a sunny windowsill for -3 or 4 days, then strain out the herbs and sip on the tasty sun-infused herbal tea



SUPER INFUSION

Similar to traditional tea infusions, except the loose herbs are steeped in the hot water for at least 4 hours or longer (sometimes overnight)

Tea And Infusions

M Lipman



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